

## **Tier 3 Part 3 Lesson 2 Notes: Test Preparation**

The most important thing in test preparation is your attitude toward the test.

Think of the test as a sporting contest or game.

Take the test to the best of your capability.

Be relaxed when you take the test knowing you have prepared for it.

Get a good night's sleep before taking the test.

Be well nourished and hydrated before you take the test.

Practice is very, very important.

Recommended practice schedule: Practice for  $\frac{1}{2}$  hour to an hour per day, 5 days per week, for as many weeks needed until you feel you are ready.

Keep a notebook with some sample problems with you so you can practice when convenient.

Prior to practicing, you must learn the material.

Practice by reviewing the material you have learned.

Here are some suggested ways to practice:

- Make up problems yourself.
- Work with other people or a group to make up problems for each other.
- Take sample tests.

Have fun and make it a game!